



NAVAL MEDICAL CENTER SAN DIEGO OMBUDSMAN CORNER

NMCSD Ombudsmen Team



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What is an Ombudsman?

Navy Family Ombudsmen are communication links, information and referral resources and advocated for command family members. Appointed by the commanding officer, Command Ombudsmen are volunteers and spouses of service members within the command.

As official command representatives, Ombudsmen are points of contact for all family members connected to the command, including spouses, parents and extended family members. The Ombudsmen Code of Ethics guarantees support of the mission, respect for the chain of command, professionalism and confidentiality, within program guidelines.

Routine call hours are from 8a.m. to 5p.m. and emergencies are taken at anytime! Please leave your name and contact information if we are not immediately available and we'll contact you ASAP. We look forward to serving you!

NAVAL MEDICAL CENTER SAN DIEGO

***Have a Safe and
Happy Holiday
Season!***

Do you have Thanksgiving plans for dinner?

Admiral Baker Clubhouse

Mission Gorge

Reservations: 619-487-0016

Island Club Catering & Conference Center

Naval Air Station North Island

Reservations: 619-545-9199

Active Duty/Retired:

Adults-\$25.95

Children (ages 4-10yrs)-14.95

Civilian/DOD

Adults-\$27.95

Children-\$16.95

Don't just survive the holidays, thrive during this time with secrets to smart finances, strategies to maximize your budget, and tips for how to manage the stress associated with this busy time. Limited childcare is available with advance RSVP, reserve your spot today! If requesting childcare, include the names and ages of all children. Free toy drawing at each session!

6 Nov, Wed, 5-7 pm, FFSC NBSD,
Bldg. 263

• 20 Nov, Wed, 2-4 pm, Housing
Opportunities Collaborative,
1045 11th St, SD, CA 92101

• 10 Dec, Tue, 5-7 pm,
Murphy Canyon Chapel,
3200 Santo Rd, SD, CA
92124



TURKEY TROT 5K RUN/WALK

FRIDAY, NOVEMBER 15 • 11:15 AM

**RUN/WALK YOUR WAY TO A
HAPPY THANKSGIVING! FREE
EVENT T-SHIRT FOR FIRST 150
PRE-REGISTERED PARTICIPANTS.
EARN COMMANDER'S CUP
POINTS FOR YOUR
DIRECTORATE!**

**NMCS D SPORTS BLDG. 12
ATHLETIC COMPLEX FIELD
619-532-8516**

Veterans Day 2 mile Run/1 mile Walk

**Wednesday, November 13 • 10am (9am check
in)**

Run in honor of those who have served!

Register online www.navylifsw.com

Admiral Prout Field House Track

NBSD Bldg 3279

NAVAL MEDICAL CENTER SAN DIEGO



Great Bargains on Military
Uniforms

<i>Dress Blue Jumper</i>	\$5.00
<i>Dress Blue Trousers</i>	\$4.00
<i>Women's Dress Jacket</i>	\$8.00
<i>Black Trousers</i>	\$2.00
<i>Khaki Shirts & Trousers</i>	\$3.00
<i>Coveralls</i>	\$10.00
<i>NWU Shirts & Pants</i>	\$10.00

Stretch your budget

Shop at one of the
Navy-Marine Corps Relief Society Thrift Shops
with three convenient locations:

OLF Imperial Beach

Bldg 52

(619) 424-8369

Hours: Tues, Wed, Thurs, Sat 9:00-1:00

Naval Base San Diego

Bldg 92 (wetside)

(619) 556-8624

Hours: Mon, Wed, Fri

9:00-1:30

Miramar

Bldg 6275

(858) 577-5009

KEY RESOURCES	WEBSITE	PHONE NUMBER
Boys & Girls Club	http://www.sdyouth.org http://bgcec.org/web/	
School Liason Officers	http://navylifesw.com/ sandiego/families/cyp/ schoolliasion/	
Walter Leverette Pastoral Counselor	NMCS Walter.Leverette@med.navy.mil	619-532-9417

NAVAL MEDICAL CENTER SAN DIEGO

QUICK ASSIST LOANS

Another Program from Your

Navy-Marine Corps Relief Society

Offering Active Duty Navy and Marine Corps Service Members

**Up to \$ 500 Interest-Free Loans
in as little as 15 minutes**

When you need help with

- Basic Living Expenses – housing, food, clothing, utilities
- Medical/Dental expenses
- Vehicle/Transportation expenses
- Family Emergency

You Are Eligible If:

- You are serving on Active Duty in the Navy or Marine Corps
- You have repaid all previous loans with the Navy Marine Corps Relief Society
- You have not received a financial assistance grant from the Society during the past six months

You Must:

- Bring your most recent LES and Active Duty ID
- Fill out a short application available in the office, or fill out on line at www.nmcrrs.org and bring with you to the NMCRS office.

**Don't fall victim to the Predatory Lenders
Make Us Your First Resource; Not Your Last Resort**

**M, T, Th, F, 0800-1530
Wed 0930 – 1530**

**Navy-Marine Corps Relief Society Office
Naval Base San Diego
3115 Dolphin Alley Bldg. 270
Phone: (619) 238-1587; DSN: 526-8283**





Making Memories This Holiday Season

Have you used your free Sea World passes? Military is allowed in free once a year. This is the perfect time to use those passes. Sea World will open for it's Christmas Celebration beginning Nov 16-Jan 4.

Holiday Concert plus an appearance from Santa! Join the fun on Saturday, Dec 14th at Naval Station North Island's Lowry Theater. The concert, featuring Navy Band Southwest, starts at 3pm. Free event! Santa will be on hand after the concert for photo a photo op, so bring your camera.

The holiday lights are a perfect family evening of fun. Grab some hot chocolate and popcorn and climb in the car for an evening of oohs and ahhs and you check out your local neighborhoods.

<http://www.hiddensandiego.net/christmas-light-displays.php>

Traditionally, the holiday season kicks off with a grand celebration in Balboa Park. Balboa Park December Nights is a two-day gift to the community that brings out the holiday spirit in all, this year taking place December 7 and 8, 2012. The beloved San Diego event features sparkling lights, theatrical and musical entertainment, and exotic Food/Spirits throughout the Park.

Are you in the mood to Ice skate? It's our own version of the Rockefeller Center ice rink - the downtown ice rink at Horton Square is a perfect holiday setting, nestled between Horton Plaza and the NBC 7/39 TV studios (can you see the Rockefeller Center parallels?). Beginning Nov. 15 through Jan. 6, 2013, bring the family downtown, in the evening, so you can bundle up in stocking caps and mittens, pretend you're in Rockefeller Center and skate away. In addition, the [Hotel del Coronado offers ice skating by-the-sea](#) with an outdoor ice rink overlooking the ocean through Jan. Viejas Outlet Center boasts [San Diego's largest outdoor ice skating rink](#).

NAVAL MEDICAL CENTER SAN DIEGO

Parents Deserve a Break, Too!

Free childcare breaks courtesy of your Navy Child & Youth Programs.

Enjoy a few hours with a friend, complete those much-needed errands, exercise, or just spend some time relaxing on your own. Whatever you choose to do, rest assured, your child will have a great time with our professional CYP staff. Two-week advanced registration is required. Call the specific Center listed to reserve a space for your child today! Here is a couple to get you started!

Friday, November 15 • 6:30-10 pm*

Ages 6 weeks to 12 years
Miramar Child Development Center 858-577-4144

Friday, November 15 • 6:30-10 pm*

Ages 6 weeks to 12 years
Naval Base Point Loma Child Development Center, 619-553-0765

Friday, November 22 • 6:30-10 pm*

Ages 6 weeks to 12 years
Murphy Canyon Child Development Center 858-268-2221
Saturday, November 23 • 10 am-2 pm**

Ages 6 weeks to 5 years
Naval Air Station North Island Child Development Center, 619-545-0259

Friday, December 6 • 6:30-10 pm*

Ages 6 weeks to 12 years
Naval Base San Diego Child Development Center, 619-556-3522

Saturday, December 7 • 10 am-2 pm**

Ages 6 weeks to 12 years
Miramar Infant & Toddler Center 858-577-7891

*Do you live in military housing?
Have you heard of RECP, resident
energy conservation program? The
mock billing has already started in
some areas. Please contact Lincoln
Military Housing for further
information.*

From the Patient Relations Office

One of our top goals is to be the preferred hospital by our patients because we provide personalized service and compassionate care in a healing and welcoming environment to every patient every time. NMCSO leadership and staff continually look for ways to promote positive patient experiences from the first point of contact through the entire episode of care. Patients are our focus and success is judged by those we serve!

300 Customer Service Representatives (CSRs) are assigned throughout the command and at every clinic and department to provide information, assistance, and support. CSRs are there for you, to listen to your concerns, answer your questions, address special needs, and help resolve concerns or challenges. We are here to help you.

Translation Services. NMCSO recognizes the importance of focusing on cultural and language needs in order to improve healthcare services and is committed to ensuring equal access to all our patients. NMCSO staff will ensure patients with Limited English Proficiency or American Sign Language needs are offered medical interpretation and translations assistance while receiving care at NMCSO.

We serve our nation's heroes and their families and loved ones. It is a distinct honor to provide them the best service and healthcare available anywhere in the world. If you would like to provide feedback on our services, please contact the NMCSO Patient Relations Department at (619) 532-6418